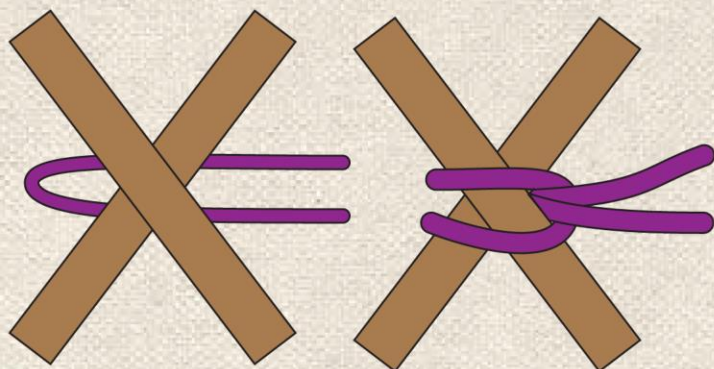


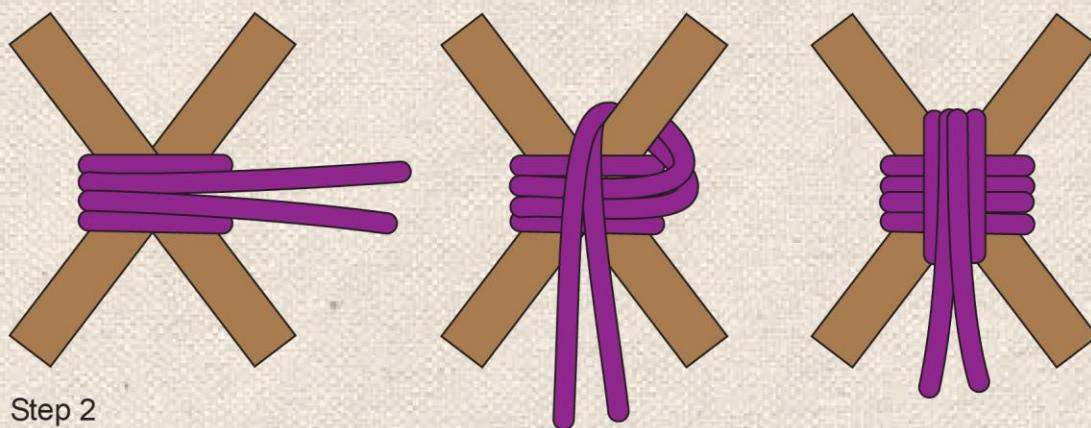


FILIPINO LASHING

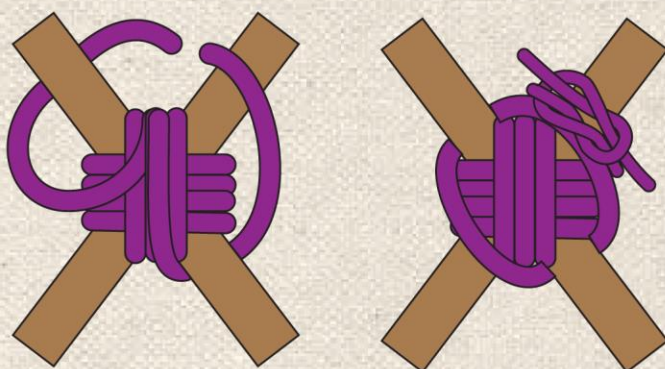


1. Halve the rope and place the bight formed in the middle behind an upper diagonal. Reeve the ends through the bight forming a lark's head.
2. Pull both ends tightly to the right, drawing the two poles together.

Step 1
FIXED



Step 2
WRAPPING



Step 3
FRAPPING

Step 4
FIXED

3. Begin the wraps by carrying both ends diagonally behind the poles around the opposite diagonal to the one where you started the Larks Head. Carry the ends over the front pole.
4. Whether taking two turns or one, to position the rope to wrap in the other diagonal, pass both ends behind the rear pole, pulling tightly.

5. Carry both ends in front of the poles around the other diagonal. Once again, for added strength, you can take another wrapping turn. When finished wrapping, pass the rope tightly behind the rear pole.
6. To begin the frapping turns, separate the ends and carry one over and one under the front pole. Take two or three tight frapping turns between the poles around the wraps.
7. Finish with a tight reef knot.